



Avoid Negative Environments

Although not always possible,
work to avoid negative environments.

Negativity is contagious!

Draw yourself nearer to people who are
supportive and positive. You can eliminate
drama by not engaging in judgmental
conversations. Do not speak negatively about
anyone. (This alone is extremely powerful.)
Blaming others inwardly or outwardly only
de-energizes us.

Notice your thought patterns today.

Are they of acceptance or judgment?